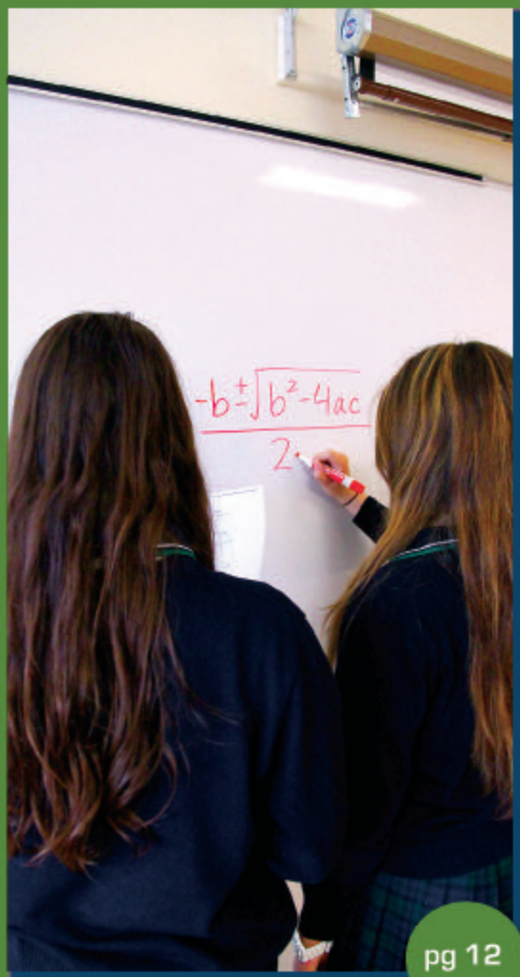
Memories from the Heart
2014

The Sacred Heart School of Montreal
3635 Atwater Ave, Montreal, QC H3H 1Y4

Published in Canada Printed in USA



STUDENTS pg 12

STUDENT LIFE pg 26

SPORTS AND CLUBS pg 50

GRADUATES OF 2014 pg 62

ACHIEVEMENTS & ADVERTISING pg 90

WORLD BEAT

World Beat

World Beat

World Beat

WORLD BEAT

World Beat

World Beat

World Beat

World Beat

WORLD BEAT

Chapters of SHSM

KNOWLEDGE • Friendship • TRADITION

Books and television series are both divided into chapters or segments. Our lives are also segmented. High school and even graduation is just one of these chapters of our lives. This yearbook echoes this division and incorporates quotes from the different segments or chapters of our lives.

Head of School's Message

I want to congratulate you, the class of 2014, for having achieved this significant milestone in your young lives. You have been great ambassadors for our school, especially this year at Open House and with numerous "student-for-a-day" visits we hosted. You have displayed strong school spirit throughout your time here at Sacred Heart. On a personal note, I am grateful for having started my career at Sacred Heart at the same time you did, and I will fondly remember you as my first class.

As I said at Convocation, having a strong foundation on which to build your life is key to success and happiness. At The Sacred Heart School of Montreal, with the collaboration and dedication of your parents and teachers, you have developed that foundation: a time-honoured set of values - the compass that will help you navigate through life's interesting and challenging times.
Our mission has been built upon the five universal goals of Sacred Heart schools around the world. We cherish these goals, and they are what make us unique:

1. A Personal and Active ***Faith in God***
2. A genuine respect for ***intellectual values***
3. A deep sense of ***social justice*** which impels action
4. The building of ***community*** as a Christian value
5. The development of ***respect*** for oneself and others

These five goals have guided you through your years of high school and will remain as your points of reference throughout your lives.
On behalf of everyone at The Sacred Heart School of Montreal, I wish you, the Class of 2014, a fond farewell and great success on your journey. We hope you come back to visit us often.

After a one-year absence for maternity leave, Ms. Michelle Lessey returned to school this year at full speed, assuming all of her teaching duties as well as responsiblilty for this Memory Book. I want to thank Ms. Lessey for yet another excellent testimonial to our school, and also thank her very talented student editors, Ms. Sheridan Harel and Ms. Thaksha Nadarajakumaran. This dedicated team has worked extremely long and hard to ensure that this yearbook is a great success. Congratulations Ms. Lessey, Sheridan and Thaksha!

Dear Graduates,

As Janet Erskine Stuart remarked more than a century ago, "A diploma is not an end, it is a beginning." Over the last five years, you have formed and nurtured enduring friendships, learned how to learn, and discovered the strength of your individual talents. You leave Sacred Heart well prepared for the challenges and wealth of opportunity that await you, but you alone have the responsibility for giving purpose to your gifts. Put your talents and energy to good use, and never lose sight of your best self.

Sincerely and with all good wishes for the future,

Mrs. Filipovich
Assistant Head

"You educate a man; you educate a man.
You educate a woman; you educate a generation."
- Brigham Young

Aran Bangs

Julian Beauvais

Nathalie Belfort

Iveth Bosmediano

Annette Brawley

Isabel Brinck

Maureen Brown

Riccardo Charlot

Stephanie Coull

Christiane de Sainte Marie

Nina Di Palma

John Filipe

José Filipe

Josh Friedmann

Angelo Gallo

Catherine Gauthier

Mary Gendron

Peter Judson

Fran Lakatos

Martin Laperle

Marie-Elaine Laquerre

Danielle Lecuyer

Lili Le Fèvre

Michelle Lessey

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."
– William Arthur Ward.

Faculty & Staff

Megan Littman

Joan MacLellan

Roxanne Martel

Gisela McIvor

Sonny Nicolas

Hélène Pagette

Polly Palumbi

Patricia Potter

Antoinette Raco

Erika Rath

David Reda

Gedi Snapkauskas

Maria Styliaras

Kevin Thiruchelvam

Rosemary Vaupshas

Peter Ward

Kitchen Staff

Thanks for inspiring us teachers and for opening the world to us....

Faculty Candids

BARAT

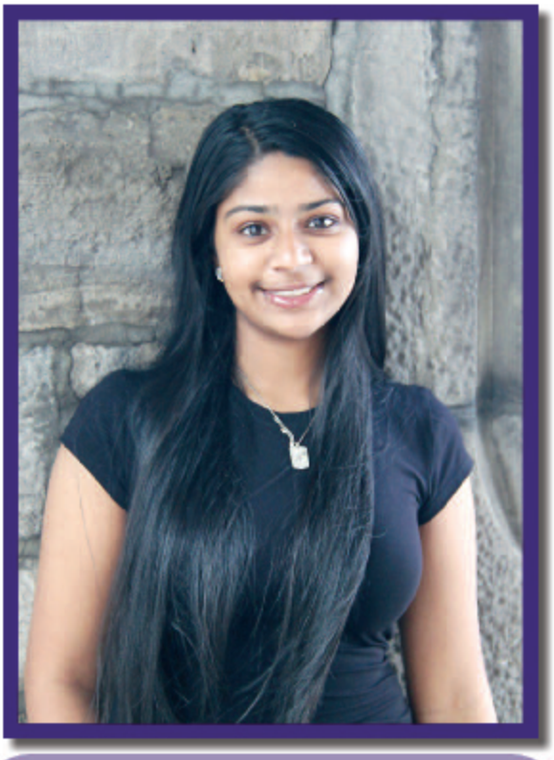
CAUTION ATTENTION

SACRED
HOPE

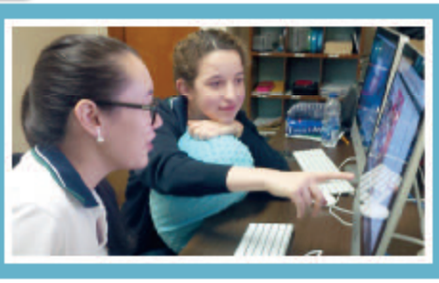
Girls

Yearbook Staff

Being yearbook co-editor this year was amazing! Not only did I get to put a year's worth of memories on paper, but I got to work with my creative co-editor Thaksha and my other hard-working yearbook members. Capturing the great moments of Sacred in photos is what I will miss the most. With the help of Ms. Lessey, we got to create all the wonderful pages in this book, and I am very grateful to her. I hope this yearbook brings back good memories!



This year I have experienced the whole process of creating a yearbook, from blank pages to pages full of colors and smiles. I am very happy to have shared this experience with my innovative co-editor Sheridan. I would also like to thank Ms. Lessey for her encouragement, and support throughout the year, because our yearbook wouldn't have been as lovely without her. I hope you all enjoy this year's yearbook as much as I enjoyed creating it.



This yearbook could never have been what it is without your help and patience! You gave ideas and suggestions that brought out the creativity of the staff. You were there to guide us when learning about a DP to meeting our last deadline. You were there every step of the way. We really appreciate all you've done for us. As you turn the pages of this book, we hope it brings back a lot of good memories.

We love you Ms. Lessey!
From:SheridanandThaksha

Hannah and Sarah, both of you are so valuable to the team. It's just your first year, but you've accomplished so much! You were always ready to work on any pages that were given to you. You girls are very creative and fun to work with! Good luck in your next four years!

From: Sheridan and Thaksha

It was great having you on our team, because the pages you created blew us away! Zoe thank you for joining our team this year; it was fun having you and listening to your jokes. Mary-Lynne, it was great working with you once again. We will remember how ready you were to make some creative pages. I'm sure the yearbook you girls create will be truly beautiful! Best of luck! From: Sheridan and Thaksha

Iohserenha:wi, you joined the team this year, and we hope you loved it as much as we enjoyed having you. You have done some creative pages, and they were a great addition to our yearbook. Elizabeth, it was great having you on our team. You have created some wonderful pages and you were always ready to take on any task that was given. Thank you to you both for your contributon. From: Sheridan and Thaksha

A special thank you to our photographers. Every event that has taken place at Sacred Heart this year, you were all ready with your cameras. Athina, you were someone to rely on when we needed pictures, and you gave them to us right away. Alexa, you had tons of photos for us. You were there for every Sacred Heart event, just clicking away. We would like to thank all our photographers. It is because of you that our yearbook is just as amazing as the photos in it.

From: Sheridan and Thaksha

A very special thank you to Ms. McIvor for all the time she dedicated to editing this yearbook.

STUDENTS

CHILDREN OF THE LIGHT

"For the sake of one child, I would have founded the Society."

St. Madeleine Sophie Barat

Secondary 1

Class of 2018

Sarah Allen
Sara Anelli
Marianne Beirouti
Julia Buggé
Victoria Caldarone
Jenna Caprera

Lilah Caprera
Enrica Caruso
Kiarra Cassia
Julia Cianci
Abigail Delaney
Alessia Liana Di Salvatore

Isabella Di Silvestro
Katherine Doré
Alexandra Gagliano
Kristen Harris

"McDonald's has a hamburger with your name on it."

Reading Week is so much fun!

DANCE MOMS

Hannah Johnston
Narah Joy
Zoe Korn
Eleni Magafas
Gabriella Marsilii
Bianca Mercuri

Taranjot Padda
Veronica Pereira
Pina Piazza
Laura Pitruzzello
Tatiana Ranieri-Thompson
Nicole Romero

Darcy Sabourin
Jezabel Toussaint
Kayla Wolf

Teamwork!

Class of 2017

secondary2

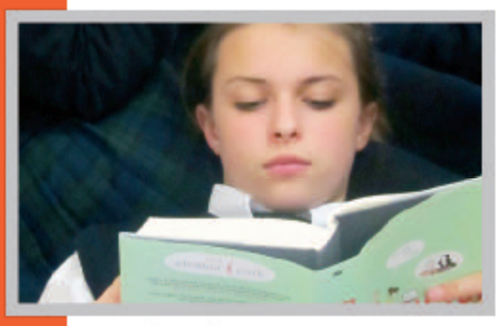
We are a Modern Family

Victoria Barakett
Stephanie Benoit
Jessica Brodeur
Ioana Budeci
Sabrina Buonamici
Rebecca Di Giorgio

Olivia Dicaprio
Lauren Drummond
Teagan Ann Ennis
Nadia Estefanos
Sabrina Fitz
Amanda Forgione

Cassandra Forzani
Sarah Frances
Kiara Guidote
Alexandra Hills
Olivia Iorio
Sigrid Joubert

Maria Kambitakis
Eleni Karatzas
Lourdes Khalil-Griffin
Jessica Khoury
Dora Konstantopoulos
Audra Kruszewski



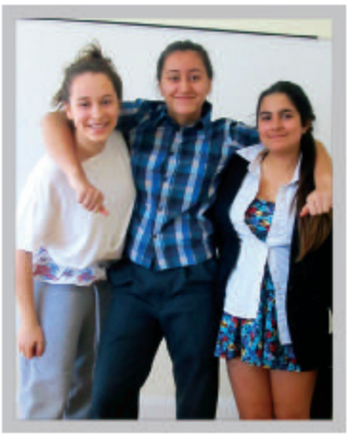
"Dance, until your feet hurt. Sing, until your lungs hurt. Act, until you're William Hurt" - *Phil's-osophy* by Phil Dunphy

Dominique Sara Levesque
Anita Maggiore
Serena McMahon
Sophia Michakis
Laura Mustillo
Beata Nawacki

Maya Ostiguy Hopp
Maria Pantazopoulos
Michelle Phillips
Veronica Plescia
Evanthia Primbas
Yiuane Ryan

Emily Sakaitis
Guinevere Santaguida
Denna Soosai
Heronimus
Vanessa Useche
Lea Valentini
Isabella Van Dystadt-Aguiar

Christina Vassiliou
Mia Vincenti
Emilie Viviani
Rachel Watts



Maria Alescio
Nicole Bilikas
Alexis Boosamra
Eleni Borondy
Vanessa Brandimarti
Liana Caprera

Rosemarie Cianci
Patricia Danielidis
Clarissa D'Amico-Mazza

Molly Delaney
Samantha Delucilla
Stéphanie Des Marais

Lauren Esquilant
Elana Floriani
Veronica Giroux
Lauren Greco
Alicia Griffin
Elisabeth Harris

Sophia Iatrou
Catherine Jarvis
Maria Karamitsos
Vasiliki Karamitsos
Evdokia Konstantopoulos
Jasmine Kwok

Mikayla Liakopoulos
Vanessa Likoray
Lauren Macdonald
Giulia Marsilii
Allessandra Morena
Kristina Mura

Kayla Ortenza
Anika Ouy
Gurleen Padda
Eliyanna Polychronas
Vanessa Pugliesi
Meaghan Sabourin

Marie Isabella Santaguida
Stepheny Sartori-Marchl
Alexa Scalia
Arthega Selvarajan
Valerie Sinel
Sabrina Ste-Marie

Kiana Uriani
Olivia Wilson
Julia Zito

Secondary 3
Class of 2016

You know you love us, xoxo Gossip Girl

Caterina Alfieri
Sara Amicarelli
Felisa Antonanzas
Natalia Bedik
Sabrina Belcourt
Madison Benoit

Sofia Bittichesu
Josie Borsellino

Alessia Castonguay
Erika Cheng-Tarantino

Hye Yoon Cho
Laura D'Altilia
Corinne Darche
Gabriella De Mauro
Juliana De Stefani
Émilie Dupuis

Kaitlin Hagen
Natasha Hodge-Masnaghetti
Oona Joy
Younghyun Koo
Constantina Gicopoulos
Sophia Khalil-Griffin

Secondary IV: Class of 2015

F·R·I·E·N·D·S

Alexa Glaudemans
Caroline Koranteng
Mary Lynne Loftus
Giuliana Mannarino
Lauren Mezzaluna
Raphaela Nikolopoulos

Ariana Pagnotta
Katherine Panet-Raymond
Inés Romera-Pamplona

Karen Rubbo
Joyce-Marie Salvo
Andrea Santamaria

Cayleigh Sorella
Sarah Spagnuolo
Louisa Tsoukalas
Athina Tzinevrakis

Dalia Varvaro
Sze Wai Wong
Zoë Yalden

The bus ride...

The outdoors...

The activities...

The friendships formed...

Secondary 1 Retreat

Sec 2 RETREAT

"We do not remember days; we remember moments." - Cesare Pavese

Sec.3 -The Miracle is You-

RETREAT

~ Our Life As a House ~

Sec.4

Secondary I to IV Candids

CHILL
HARDEY
HARDEY

STUDENT LIFE

DAYS OF OUR LIVES

"We do not remember days, we remember moments."

- Cesare Pavese

BARAT

Mascot: Sophie the Bear
House Head: Victoria Miron
Co-Captains: Laura Raco and Sabrina Belcourt

DIGBY

Mascot: Leo the Lion
House Head: Vanessa Amato
Co-Captains: Kelly Burchell-Reyes and Giuliana Mannarino

DUCHESNE

Mascot: Rose the Ladybug
House Head: Isabella Papalia
Co-Captains: Sabrina Correia, Sarah Spagnuolo and Mary Lynne Loftus

DUROUSIER

Mascot: Honey the Bee
House Head: Sophia Koper
Co-Captains: Émilie Dupuis and Athina Tzinevrakis

HARDEY

Mascot: Henrietta the Monkey
House Head: Cassandra Estefanos
Co-Captains: Elizabeth Giagnacovo and Corinne Darche

STUART

Mascot: Dylan the Dolphin
House Head: Dana Malowany
Co-Captain: Joyce-Marie Salvo

TRINCANO

Mascot: Cassie the Cow
House Head: Katrina Vecera
Co-Captains: Ileana Cappello and Marissa Mezzaluna

SHELDON

Mascot: Shelly the Turtle
House Head: Serena English
Co-Captains: Karen Golfi and Cayleigh Sorella

SPORTS DAY

★1st Place: BARAT ★2nd Place: DIGBY ★3rd Place: DUCHESNE

SPIRIT AWARD: HARDEY

WORLD CUP
2013

GO BARAT
GO DIGBY
GO DUROUSIER
GO STUART
GO SHELDON
GO DUSCHENE
GO HARDEY
GO TRINCANO

Girls for the Cure

"Once you choose hope, anything's possible"
- Christopher Reeves

Shave to Save

"What Giulia did was such an act of bravery! Both the Marsilii family and Sacred Heart really came together to make this a truly memorable day."

On October 28th, Giulia Marsilii participated in Shave-to-Save to raise money for breast cancer. Her hair was donated to make a wig. With the help of her sister, friends and family, Giulia raised over $13,500! It was the single largest amount raised by an individual for this year's fundraiser!

Congratulations Giulia!

SPIRIT DAY

MISSING
MISSING

JAIL
BIRD

Christmas Concert

"The best way to spread Christmas cheer, is singing loud for all to hear!"
- Elf

CHRISTMAS BASKETS

Christmas Wishes

"If I gave up on my dream, I never would have fulfilled yours"
- Jerry the Krampus

Semaine de Français

Bonjour!

Amusant!

Apprendre!

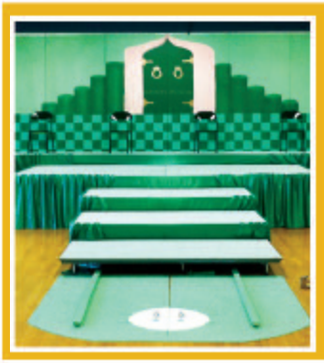
Sourire!

La semaine de français fut particulièrement animée cette année. Elle commença avec la pièce « La tâche est belle » mettant en vedette nos maisons et les valeurs du Sacré Coeur. Le CLB fut très dynamique avec des slams et des chansons. La compétition amicale de karaoke poussa les élèves à se dépasser. Films francophones et jeux en français complétèrent cette semaine de façon divertissante.

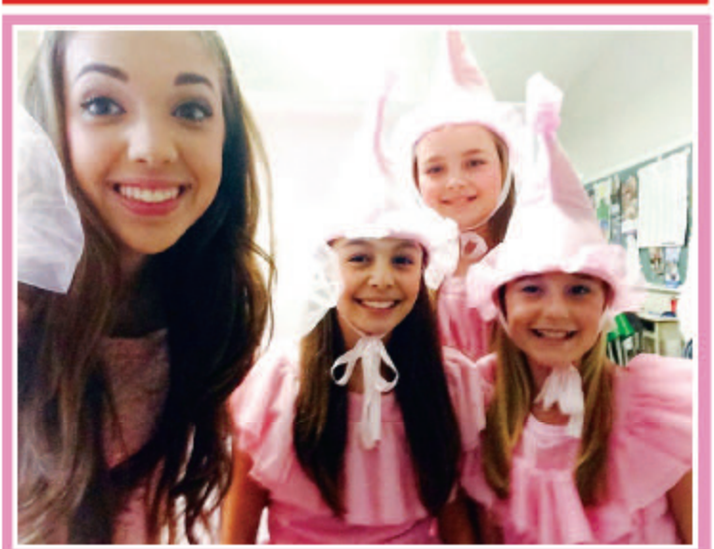
DASHABUSTADD

SWOSHEAGA

Drama Production

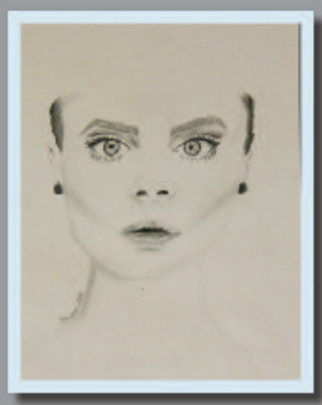


" It's not where you go, it's who you meet along the way..."



The Wizard of Oz

Follow the yellow brick road...



Arts Festival

"I had the most amazing time in Madrid, where everyone welcomed me and made me feel at home. I'll never forgot the incredible memories I made, and all the people I met. I can't wait to go back!"
- Abigail Trevino

STUDENT EXCHANGE

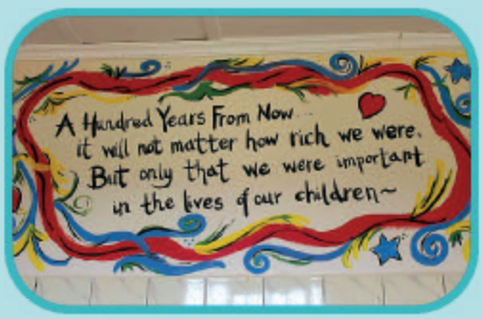
"I had a great time in Australia and made lots of new friends!"
- Jessica Rouillier

Founder's Day BBQ

This year was a Carnival theme and had the fun games to match! Not to mention the dunk tank where everyone (teachers included) got the chance to be dunked!

Kenya 2013

"We will never forget the impact we had on the community of Eor-Ewuaso, but most importantly, we will always treasure the impact the children and mammas had on our lives."
- Karen Golfi, VA



In June 2013, for 11 days, seven of our Sacred girls, along with three girls from our sister school in Halifax and their teachers went to Kenya, Africa. The aim of this service trip was to work with the communities on development pojects, and to be immersed in Kenyan culture. The girls learned the challenges that the communties faced, participated in Swahili lessons, and interacted with local community members. It was a wonderful trip.

Community Service Day

> “The best way to find yourself is to lose yourself in the service of others.”
> - Mahatma Gandhi

4
9
10
16

SPORTS AND CLUBS

Active and Involved

"Coming together is a beginning.
Keeping together is progress.
Working together is success."
- Henry Ford

Bantam Soccer

Sara Anelli, Lilah Caprera, Julia Cianci, Isabella Di Silvestro, Lauren Drummond, Amanda Forgione, Alexandra Hills, Eleni Karatzas, Beata Nawacki, Maya Ostiguy Hopp, Pina Piazza, Veronica Plesica, Lea Valentini, Mia Vincenti, Emilie Viviani

Coach: Ms. Littman

Midget Soccer

Nicole Bilikas, Alexis Boosamra, Eleni Borondy, Clarissa D'Amico-Mazza, Patricia Danielidis, Molly Delaney, Stéphanie Des Marais, Lauren Greco, Elisabeth Harris, Sophia Latrou, Mikayla Liakopoulos, Kristina Mura, Raphaela Nikolopoulos, Meaghan Sabourin, Alexa Scalia

Coach: Mr. Thiruchelvam

Juvenile Soccer

Vanessa Amato, Sara Amicarelli, Carina Anelli, Sabrina Belcourt, Eleni Borondy, Molly Delaney, Avery Diabo, Meagan Fett, Allyson Fontes, Dana Malowany, Lauren Mezzaluna, Ariana Pagnotta, Katherine Panet-Raymond, Sarah Spagnuolo, Louisa Tsoukalas

Coaches: Mr. Gallo and Mr. Thiruchelvam

Maria Alescio, Caterina Alfieri, Juliana de Stefani, Émilie Dupuis, Sophia Koper, Lauren MacDonald, Giulia Marsilii, Rebecca McPherson, Marissa Mezzaluna, Gurleen Padda, Stepheny Sartori-Marchl, Katya Zappitelli
Coach: Mr. Charlot

Cross Country Running

Lilah Caprera, Sarah Frances, Alexandra Gagliano, Sigrid Joubert, Dominique Levesque, Mikayla Liakopoulos, Mary Lynne Loftus, Lauren Mezzaluna, Sophia Michakis, Kristina Mura, Maya Ostiguy Hopp, Karen Rubbo, Darcy Sabourin, Meaghan Sabourin, Abigail Trevino, Vanessa Useche, Dalia Varvaro, Zoe Yalden
Coach: Mme. Belfort

Bantam Volleyball

Jessica Brodeur, Julia Buggé, Abigail Delaney, Cassandra Forzani, Sarah Frances, Alexandra Gagliano, Kristen Harris, Jessica Khoury, Audra Kruszewski, Evanthia Primbas, Christina Vassiliou
Coach: Ms. Lecuyer

Juvenile Volleyball

Alexis Boosamra, Laura D'Altilia, Gabriella De Mauro, Abigail Delaney, Molly Delaney, Rebecca Di Giorgio, Lauren Greco, Elisabeth Harris, Kristen Harris, Caroline Koranteng, Lauren MacDonald, Maya Ostiguy Hopp, Meaghan Sabourin, Joyce Salvo, Alexa Scalia

Coaches: Ms Brown, Mr. Friedmann and Mr. Sabourin

Hockey

Jessica Brodeur, Sabrina Buonamici, Katherine Doré, Teagan Ennis, Olivia Iorio, Caroline Jeanson, Jasmine Kwok, Dominique Levesque, Darcy Sabourin, Guinevere Santaguida, Sabrina Ste-Marie, Lea Valentini, Isabella Van Dystadt-Aguiar, Sze Wai Wong

Coaches: Ms. Rath and Ms Little

Swimming

Bantam: Sabrina Fitz, Eleni Karatzas, Audra Kruszewski, Dominique Levesque, Eleni Magafas, Beata Nawacki, Taranjot Padda, Laura Pitruzzello

Midget: Maria Alescio, Victoria Barakett, Ioana Budeci, Patricia Danielidis, Gurleen Padda, Valerie Sinel, Sabrina Ste-Marie, Vanessa Useche

Juvenile: Kelly Burchell- Reyes, Hye Yoon Cho, Constantina Gicopoulos, Tatiana Mikus, Andrea Santamaria, Sarah Spagnuolo, Sze Wai Wong

Coach: Mr. Thiruchelvam

Badminton

Julia Buggé, Lilah Caprera, Enrica Caruso, Julia Cianci, Isabella Di Silvestro, Nadia Estefanos, Kiara Guidote, Audra Kruszewski, Gabriella Marsilii, Pina Piazza, Tatiana Ranieri-Thompson, Kayla Wolf

Coach: Mr. Charlot

Bantam Basketball

Samantha Delucilla, Stéphanie Des Marais, Clarissa D'Amico Mazza, Eleni Borondy, Stepheny Sartori, Eva Primbas, Veronica Plescia, Sarah Frances, Alexandra Hills, Sigrid Joubert
Manager: Valerie Sinel

Coach: Ms. Littman

Midget Basketball

Sara Amicarelli, Nicole Bilikas, Avery Diabo, Lauren Esquilant, Allyson Fontes, Sophia Koper, Rebecca McPherson, Ariana Pagnotta, Karen Rubbo, Louisa Tsoukalas, Katya Zappitelli

Coach: Ritou Maloni
Supervisor: Ms. Lecuyer

Juvenile Basketball

Sara Amicarelli, Felisa Antonanzas, Jessica Brodeur, Liana Caprera, Lilah Caprera, Julia Cianci, Rosemarie Cianci, Laura D'Altilia, Abigail Delaney, Lauren Drummond, Cassandra Forzani, Sarah Frances, Kiara Guidote, Kristen Harris, Alexandra Hills, Sigrid Joubert, Jessica Khoury, Dominique Levesque, Serena McMahon, Lauren Mezzaluna, Sophia Michakis, Laura Mustillo, Raphaela Nikolopoulos, Maya Ostiguy Hopp, Evanthia Primbas, Darcy Sabourin, Meaghan Sabourin, Guinevere Santaguida, Alexa Scalia, Louisa Tsoukalas, Vanessa Useche, Dalia Varvaro

Coach: Mme. Belfort

Track and Field

Halo

Sara Amicarelli, Sabrina Belcourt, Madison Benoit, Josie Borsellino, Lilah Caprera, Laura D'Altilia, Clarissa D'Amico-Mazza, Gabriella De Mauro, Kaitlin Hagen, Alexandra Hills, Caroline Jeanson, Hannah Johnston, Younghyun Koo, Dominique Levesque, Lauren Mezzaluna, Sophia Michakis, Maya Ostiguy Hopp, Darcy Sabourin, Meaghan Sabourin, Joyce Salvo, Guinevere Santaguida, Alexa Scalia, Abigail Trevino, Lea Valentini, Dalia Varvaro

Coach: Ms. Vaupshas

Bantam: Katherine Doré, Alexandra Gagliano, Kristen Harris, Jessica Khoury, Laura Pitruzzello, Darcy Sabourin

Juvenile: Vanessa Amato, Carina Anelli, Sabrina Correia, Corinne Darche, Alexa Scalia, Katrina Vecera

Coach: Ms. Lecuyer

Tennis

Serena English, Karen Golfi, Victoria Miron, Andrea Santamaria

Coach: Mr. Gallo

Golf

Carina Anelli, Sabrina Correia, Juliana de Stefani, Allyson Fontes, Sophia Koper, Rebecca McPherson, Lauren Mezzaluna, Ariana Pagnotta, Sarah Spagnuolo, Louisa Tsoukalas, Rachelle Valentim, Katya Zappitelli

Coaches: Ms. Littman, Ms. Lecuyer and Addley Dufour

Bantam Football

Isabella Aguiar, Sara Anelli, Lilah Caprera, Julia Cianci, Abigail Delaney, Lauren Drummond, Teagan Ennis, Sarah Frances, Cassandra Forzani, Kristen Harris, Maya Ostiguy Hopp, Dominique Levesque, Gabriella Marsilii, Beata Nawacki, Pina Piazza, Eva Primbas, Lea Valentini

Coaches: Mr. Gallo and Mr. Thiruchelvam

Midget Football

Maria Alescio, Sabrina Belcourt, Alexis Boosamra, Eleni Borondy, Clarissa D'Amico Mazza, Patricia Danielidis, Molly Delaney, Alicia Griffin, Elisabeth Harris, Lauren MacDonald, Giulia Marsillii, Raphaela Nikolopoulos, Dalia Varvaro

Coaches: Mr. Friedmann and Mr. Charlot

Juvenile Football

CLUBS

Environmental Coordinator :
Abigail Trevino
Faculty Advisor: Mr. Laperle

Alessia Castonguay, Alexa Glaudemans, Elizabeth Giagnacovo, Dominique Levesque, Beata Nawacki, Guinevere Santaguida

-Abigail Trevino

I really loved being Sacred Heart's Environmental Coordinator for 2014. It was the perfect way to cap off four years in the Environment club. I'm really happy I had the opportunity to reorganize the dining hall recycling system, and it was always very rewarding to do the recycling run on the fourth and fifth floors on Mondays with the wonderful girls in my Environment club. Have a great summer, ladies, you've earned it! Also, good luck for next year, Alessia, although I doubt you'll need it. XOXO

Faculty Advisor: Mme. de Sainte Marie

Caterina Alfieri, Ioana Budeci, Alessia Castonguay, Alessia Di Salvatore, Sabrina Fitz, Kiara Guidote, Giuliana Mannarino, Michelle Phillips, Inés Romera-Pamplona, Yiuane Ryan, Athina Tzinevrakis

Editor-in-Chief:
Kelly Burchell-Reyes
Faculty Advisor: Ms McIvor

Editors:
Rosemarie Cianci, Corinne Darche, Evdokia Konstantopoulos, Mary Lynne Loftus, Giuliana Mannarino, Tatiana Mikus, Zoe Yalden

-Kelly and Tatiana

Assembling the Fourth Edition of Sacred Heart's Literary Magazine was a stimulating and enjoyable experience. It was a pleasure to work with Ms. McIvor, Ms. Lessey, Ms. Brawley, the Student Selection Committee, and so many different students, each with their unique writing styles and different stories to tell. Sacred Heart is brimming with gifted writers and artists who have generously shared their talents with the world. Thank you to all who have made this publication possible.

Faculty Advisor: Ms Gendron
Head: MaryLynne Loftus

Art Club

Alexandra Gagliano, Narah Joy, Marianne Beirouti, Nicole Romero, Jezebel Toussaint, Amanda Forgione, Eleni Karatzas, Anita Magiore, Sophia Michakis, Yiuane Ryan, Christina Vasilliou, Sabrina Buonamici, Guinevere Santaguida, Clarissa D'Amico-Mazza, Erika Cheng-Tarrantino

CLUBS

Free the Children

Free the Children Coordinators
Karen Golfi and Rebecca Mcpherson
Faculty Advisor: Mr. Thiruchelvum

Sabrina Buonamici, Liana Caprera, Elana Floriani, Amanda Forgione, Karen Golfi, Eleni Karatzas, Dora Konstantopoulos, Dana Malowany, Rebecca McPherson, Laura Raco, Jessica Dibartolo Rouillier, Yiuane Ryan, Guinevere Santaguida, Sabrina Sharifi-Alamdary

-Rebecca and Karen

Working together as co-heads of Free the Children and leading the committee in organizing activities within the school was both challenging, yet very enjoyable. It was rewarding to know that by raising funds and awareness, we were making a difference in our global community, and acting by FTC's motto "Be the Change." It was a pleasure to work with Mr. Thiruchelvam and the other committee members. Thank you to all who contributed to the success of our fundraising campaigns!

Debating

Faculty Advisor: Ms Rath

Sabrina Buonamici, Guinevere Santaguida, Lea Valentini, Cassandra Forzani, Maria Kambitakis, Sabrina Fitz, Audra Kruszewski, Jessica Khoury, Kiara Guidote

-Elizabeth and Thaksha

It felt like just yesterday, that our first issue of The Pulse came out, and look at us now. From Sports Day, Christmas Wishes, Dassha, to Oz we were there for it all, trying to pick up the latest scoops. It was our great pleasure to be editors for this year's school newspaper. We hope you enjoyed reading recipes and horoscopes as much as we enjoyed putting them on paper. Thank you Ms. McIvor, for all of your dedication and support. We couldn't have done it without you

Editor-in-Chief: Elizabeth Giagnacovo
Faculty Advisor: Ms McIvor
Assistant Editor:
Thaksha Nadarajakumaran

Contributors:
Kelly Burchell-Reyes, Guinevere Santaguida, Abigail Trevino

Photography Club

Faculty Advisor: Ms Gendron

Alexandra Galiano, Jezebel Toussaint, Lauren Esquilant, Madison Benoit, Erika Cheng-Tarrantino, Caroline Jeanson

CLUBS

Liturgical Choir

Faculty Advisor: Ms Martel
Sabrina Buonamici, Kelly Burchell-Reyes, Corinne Darche, Cassandra Forzani, Elizabeth Giagnacovo, Maria Kambitakis, Dora Konstantopoulos, Dominique Levesque, Mary-Lynn Loftus, Serena McMahon, Tatiana Mikus, Emily Sakaitis, Guinevere Santaguida, Zoë Yalden

Vocal Ensemble

Faculty Advisor: Ms Martel
Kelly Burchell-Reyes, Alessia Castonguay, Erika Cheng-Tarantino, Corinne Darche, Elizabeth Giagnacovo, Natasha Hodge-Masnaghetti, Mary-Lynne Loftus, Giuliana Mannarino, Serena McMahon, Tatiana Mikus, Sabrina Ste-Marie, Denna Soosai Heronimus, Athina Tzinevrakis, Zoë Yalden, Julia Zito

Concert Band

Faculty Advisor: Ms Bangs
Gurleen Padda, Elana Floriani, Carina Anelli, Victoria Karamitsos, Cayleigh Sorella, Giulianna Mannarino, Valerie Sinel, Patricia Dandielidis, Catherine Jarvis, Athina Tzinevrakis, Vanessa Amato, Alessia Castonguay, Carol Cho, Natasha Hodge- Masnaghetti, Alessandra Morena, Maria Alescio, Sophia Iatrou, Corinne Darche, Clarissa D'Amico-Mazza, Alicia Griffin, Sofia Bittichesu, Julia Zito, Sabrina Ste-Marie, Maria Karamitsos, Eleni Borondy, Anika Ouy, Constantina Gicopoulos, Mary Lynne Loftus, Abigail Trevino, Rosemarie Cianci, Jasmine Kwok, Kelly Burchell-Reyes, Raphaela Nikolopoulos

Junior Band

Faculty Advisor: Ms Bangs
Stephanie Benoit, Ioana Budeci, Sabrina Buonamici, Sabrina Fitz, Amanda Forgione, Sarah Frances, Alexandra Gagliano, Kiara Guidote, Olivia Iorio, Sigrid Joubert, Eleni Karatzas, Audra Kruszewki, Dominique Levesque, Sophia Michakis, Beata Nawacki, Maya Ostiquy Hopp, Michelle Phillips, Veronica Plescia, Evanthia Primbas, Emily Sakaitis, Guinevere Santaguida, Vanessa Useche, Mia Vincenti, Rachel Watts

CLUBS

-Corinne Darche

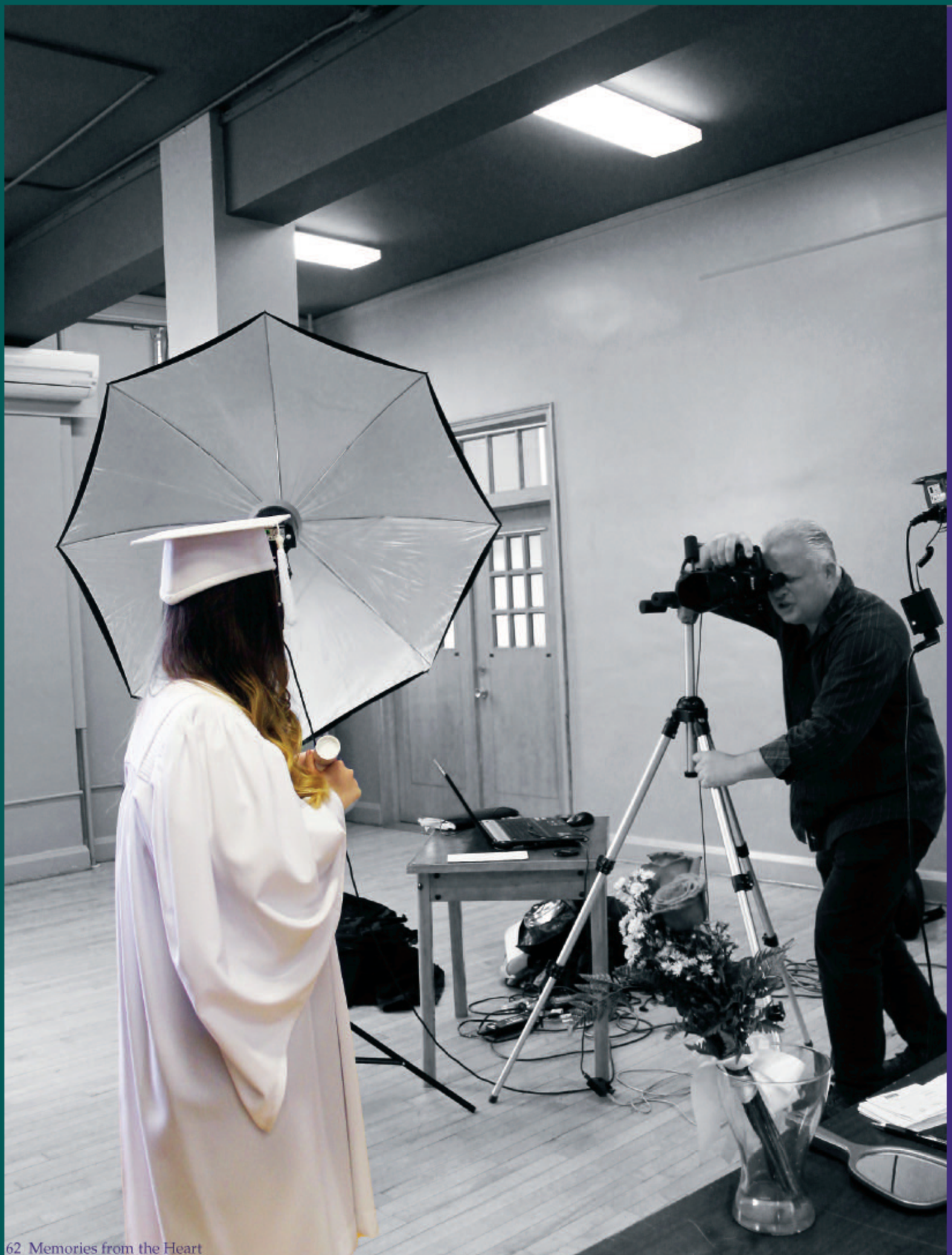
This year's music trips have been a great bonding experience for me! These trips definitely strengthened my current friendships, and allowed me to get to know some of my other peers. Whether it was planning murder mysteries, exploring Old Quebec, or competing in festivals, I was always having fun with my friends and making memories to last a lifetime.

-Tatiana Mikus

This year was another successful one for the music program here at Sacred. I know that everyone involved in music, be it in bands, choirs, or regular music classes garnered a lot from their experiences at performances and practices. The Concert Band and Vocal Ensemble in particular had the opportunities to go to Cammac and to Quebec City, both of which proved to be loads of fun even when we weren't playing music. We made it through some pretty tough songs and other than it really brought out our love for music, and I know I speak for everyone when I say that it was exciting every step of the way.

- Kelly Burchell-Reyes

Concert Band and Vocal Ensemble rigorously prepared our pieces for the upcoming Christmas concert at CAMMAC. We grew closer as ensembles through memorable activities such as the wacky annual picture scavenger hunt and a thrilling evening of murder. In Quebec City, both the Band and Vocal were awarded an "Excellent" rating. Heavenly food, a supernatural Haunted Tour, and an indoor amusement park contributed to an unforgettable experience. Thank you Ms. Martel and Ms. Bangs!



GRADUATES OF 2014

THE LAST CHAPTER

"Congratulations!
Today is your day.
You're off to Great Places!
You're off and away!
You have brains in your head.
You have feet in your shoes
You can steer yourself
any direction you choose.
You're on your own. And you know what you know.
And YOU are the guy who'll decide where to go."
- Dr. Seuss

Graduates of 2014

Jasmina Alka

I finally made it! Good job Jasmine. Loved the memories I made here. Shout out to my best friend Stefania Rivera.

MLT: start a reality show with Stef

Vanessa Amato

I am grateful for having met such amazing friends and for all the great memories that I will cherish forever: retreat, UK and NY. Thank you to my family, friends and Sacred for guiding and supporting me to becoming the person I am today. Congratulations Grads 14 xo

MLT: get stressed while doing yoga

Carina Anelli

Grads '14 we finally made it! Thank you to my parents, Sara, my teachers and my friends; I couldn't have done it without you. Our countless memories will never be forgotten. NGL I wouldn't have wanted to spent the past years anywhere else but at Sacred. xox

MLT: carry Nutella everywhere she goes

Iohserenha:wi Bova

I've made so many memories in these five years. Congratulations girls, and thank you to all my teachers!

MLT: to have her name mispronounced

Kelly Burchelle-Reyes

Five the ancient grandfather clock chimed
Memories of loyal sisters and mountains climbed
An hour ended, an hour begun
Dreams of great future to be won

MLT: break into song 'cause she can't find her key

Ileana Cappello

There is no place like Sacred. There's never a dull moment here. I have made unforgettable and countless memories and have learnt things that will stick with me forever. CM, MM, KV, MF: if it weren't for you girls, my high school experience wouldn't have been the same. Thank you to my teachers who cared and took the time to help me when needed. Congrats grads of 2014, we made it! xo

MLT: lose her wedding ring

"I'll be there for you, when the rain starts to pour.
I'll be there for you, like I've been there before.
I'll be there for you, cause you're there for me too"
- The Rembrandts

Graduates of 2014

Sabrina Correia

Five long years later, we made it! Congratulations class of 2014! It's time to follow the light, children. Thank you to all my family, friends and teachers; I couldn't have done it without you, love you all!
Correia OUT!

MLT: never reach her goal

Avery Diabo

Time flies when you are having too much fun. Thank you to everyone for all of your support. These past years were the greatest. <3

MLT: write a book of excuses

Serena English

Warning: this contains cheesy content. First of all CONGRATS EVERYBODY! We did it and don't lie, we're all a bit surprised. I made the best memories here and I owe that to my amazing friends and teachers because we never had a dull moment and you guys always helped me keep a big smile on my face. Adios
- El Tabador

MLT: spend her life trying to find the right Febreeze

Cassandra Estefanos

"The future belongs to those who believe in the beauty of their dreams."
- Eleanor Roosevelt

MLT: sass my way through life

Megan Fett

It's been real. Thank you to S.S. and I.C for being the best girls I could've met at this school. Good luck to all the grads!

MLT: become a backup singer for Paul McCartney

Allyson Fontes

Grads'14 we made it! I will never forget all the laughs and countless memories we shared. Thank you Mom, Dad, Kim, teachers and all of my friends for an amazing five years. I can't believe it's already over!

MLT: stalk the SNL cast

"Family is family. Whether it's the one you grow up with, the one you end up with, or the family you gain along the way."
- Modern Family

Graduates of 2014

Allegra Gebhardi

Even though I only joined Sacred Heart a few months ago, I want to say thank you to all my teachers and classmates who made my time so special and unforgettable. The warm welcome I received from everybody was breathtaking.

MLT: travel the world within a day

Lisa Giaccari

I must say, these were five years well spent. To my family, I'm so grateful for your love and support. Train Buds, I'll always be standing by you. The Six, I'll never forget the memories and Grads'14, it's been real. Good luck!

MLT: Just Dance, get caught in a Bad Romance, Marry the Night and "live for the applause for the rest of her life"

Elizabeth Giagnacovo

After living all over the world I am so proud and happy to call Sacred Heart my home away from home. Thank you to my family, friends, teachers and everyone I met along the way; you have all truly changed my life. I will never forget you!

MLT: travel around the world in 80 days...no really

Karen Golfi

Congrats Grads of 2014! Over the past five years we have created countless unforgettable memories. From Kenya to NYC, I have enjoyed every second of it. Thank you to my family for all your love and support and to my friends- our family of six-.

MLT: color code her life... alphabetically

Angelina Griffin

Hey guys, see you next week ;P

MLT: sleep through her own wedding

Sheridan Harel

These five years at Sacred have been amazing! Had the time of my life with friends, being Sacred's personal photographer, and being the perfume expert of Grad's 14. Here I found my passion for photography, and I will be forever grateful. Thank you to my family and friends for all the laughter and life lessons along the way!

MLT: create her own fragrance line

"Our work here is done. There's only one thing left to do.
Say goodbye."
- Glee

Graduates of 2014

Caroline Jeanson

I never thought that I'd change so much in these five years, and I really couldn't have done it without my family and friends. Thank you all for everything!

MLT: swim to England for a decent fish and chips

Sophia Koper

We made it! We all shared countless amounts of laughter and memories. From the UK trip to NYC every second has been a blast. Thank you to my family for everything and to the best "dysfunctional" family for the best five years!
CONGRATS GRADS'14!

MLT: take a private jet to school in order to avoid taking the metro

Dana Malowany

Who knew that these five years would go by so fast? Thank you to my parents, teachers and friends who have supported me during my years here. I will never forget the great memories I've made and amazing people I've met. Grads'14 we finally made it!

MLT: become the most successful procrastinator

Claudia Massarelli

We're finally graduating! This moment felt so far away five years ago and the time has finally come. I would like to thank my family for their constant support and to my girls Marissa and Ileana for the endless laughter and memories. Best of luck Grads'14 xoxo

MLT: become Kim K's make-up artist

Rebecca McPherson

Thank you to Mommy, Daddy and Matthew for supporting me and to my family of 6, I love you!

MLT: get caught excessively worrying about other people and forget about her own children

Marissa Mezzaluna

I can't believe it's already over; it feels like yesterday I was starting secondary one. I couldn't have done it without the support and help from friends, family and teachers. The countless memories I have made will never be forgotten. Best of luck to everyone! xo

MLT: have her own clothing line

"So, friends?"
"I'd say family."
- Friday Night Lights

Graduates of 2014

Tatiana Mikus

And now it's time for one last bow
Into the future, we must delve
Our last time here is over now
The clock is striking twelve.

MLT: get into a fist fight over a fictional character

Victoria Miron

I always wonder why birds stay in the same place when they can fly anywhere on earth. Then I ask myself the same question.
-Harun Yahya
Peace out Sacred, it's been real.

MLT: never be seen again #MIA

Thaksha Nadarajakumaran

Congrats Grads '14! We have made it! I wish you all the best of luck. I would like to thank my family, teachers and friends for all of their support. Time to walk out of those SHSM doors turn around with a smile and blow a kiss. Class Dismissed xox.

MLT: be indecisive on her wedding day

Grazia Novello

My time at Sacred Heart has finally come to an end. I will forever cherish the memories. I would like to thank my friends and family for their constant support. The precious moments I have spent at Sacred will never be forgotten.

MLT: own a clothing store and make-up line

Isabella Papalia

This life is what you make it. No matter what, you're going to mess up sometimes. Keep trying, hold on and always believe in yourself. Keep your head high, chin up and keep smiling, because life's beautiful and there's so much to smile about.

MLT: laugh when something isn't funny, causing more laughter

Laura Raco

"It's funny how day by day, nothing changes. When you look back, everything is different."
-Anonymous

MLT: to smile her way out of any situation

Every happy ending is just a new beginning, because even in the Upper East Side, the good times never last forever.
XOXO, *Gossip Girl*

Stefania Rivera

Congratulations Grads of 2014 we've made it! Memories made that will never be forgotten ! Shout out to Jas.

MLT: be on a reality TV show with Jasmine

Jessica Roullier Dibartolo

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."
-Anatole France

MLT: make her own wedding dress

Sabrina Sharifi

These past five years have been indescribable and I wouldn't have wanted to experience them with anyone other than the incredible people I met at Sacred. Thank you to my family and friends for their support along the way. Grads '14, I wish you all the love and success in the world! XO

MLT: look for wifi during her own wedding

Abigail Trevino

Congratulations class of 2014! We finally made it! I'm so proud of all of you. Thanks for the memories! "Don't smile because it's over, smile because it happened." - Dr. Seuss
Now get out there and take the world by storm!

MLT: start an argument with herself and lose

Rachelle Valentim

Sacred was full of ups and downs, but I have made amazing friendships and unforgettable memories. Congratulations class of 2014. I wish you all the best in your futures. Thanks for everything ladies, it has been an amazing ride!

MLT: never get over "stage fright"

Katrina Vecera

"All in an instant, everything changes. We leave the past behind and speed toward the unknown: our future. The problems start when we refuse to let change happen and cling to old habits. If we hold on to the past too tightly, the future may never come." - G.G.

MLT: use Frizz-Ease

Katya Zappitelli

Grads, good times. UK Dublin nights forever, 7th floor adventures (shout out to Mr. Reda), Retreat...still laughing. LT 12-Sacred fam, you know who you are #dust. Family, teachers, friends: thanks for all the love. Seriously, it's been a blast.

MLT: be sketchy

Congratulations Graduates of 2014

Baby Pictures

SC

KZ

EG

TN

JR

GN

CM

IC

VA

AT

KBR

CJ

KV

AG

CE

VM

AG

RM

SE

KG

CA

LG

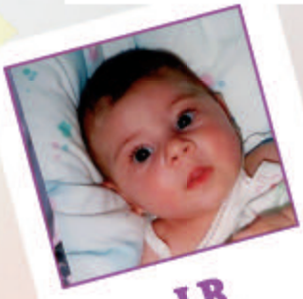
RV

DM

JA

SC

AD



LR

AF

MM

IB

IP

SH

MF

SR

TM

SS

You Will Remember Me As . . .

The Walk

Maladroite

Shorty

Trouble Maker

Mummy

CLASS CLOWN

Wait... What

ORGANIZED

CREATIVE

the laugh

Musician

Globe-trotter

Straight forward

Swimmaholic

Block

Glitz
Glam
xoxo

Cutie

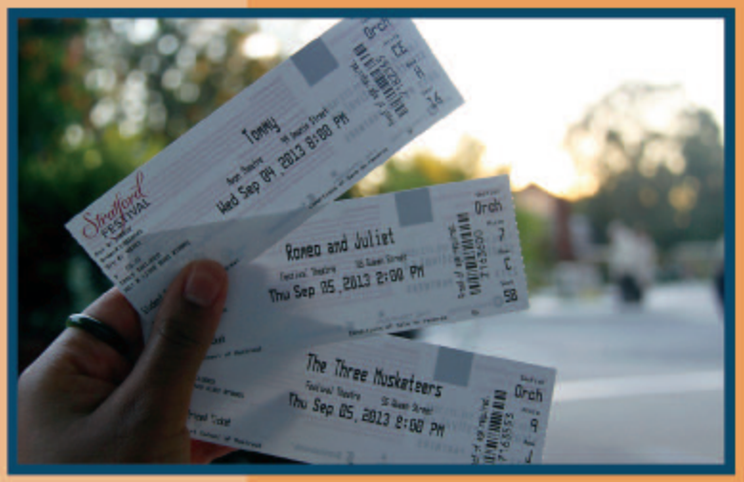
Goddess of Fragrance

STRATFORD

Tommy

Romeo and Juliet

The Three Musketeers



Oh, Stratford's festival hath all too short a date!

Secondary 5 Retreat

Little Italy

SoHo

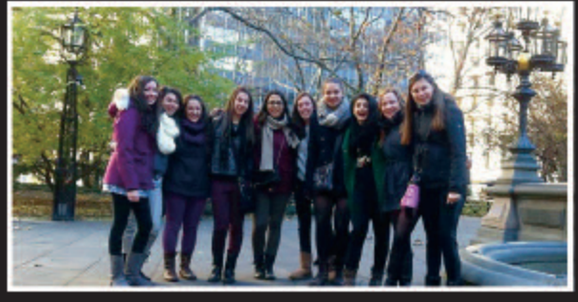
United Nations

The Met

NYC

Grad Trip

Concrete Jungle Where Dreams Are Made



Broadway

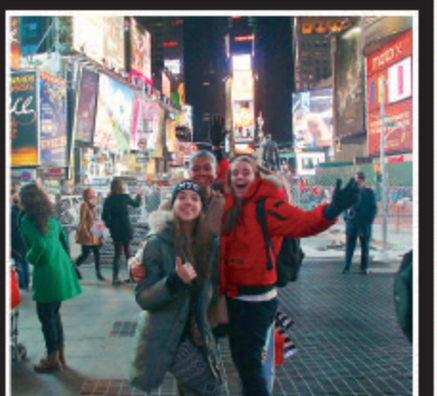
Statue of Liberty

Canal Street

The four days in New York went by too fast! We saw so many sights in such a short time. We got to walk down Fifth Avenue together, stood in Times Square and huddled like penguins on Liberty Island against the crazy winds. From seeing Phantom of the Opera on Broadway to our interesting tour through the UN, we know for sure we made amazing memories.

NBC

Times Square



PREFECT CANDIDS

CANDIDS

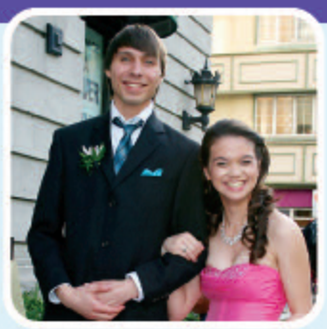
Sec.V Ring Ceremony

SEC. 5 Entertainment

The theme for this year's Sec. 5 entertainment was "90s party!" The Sec. 4s reminded us of our precious childhood memories and how much our little sisters will miss us next year!

VALEDICTORIAN

Kelly Burchell-Reyes



Good afternoon Mr. O'Donnell and Ms. Filipovich, faculty and staff.
To our families, friends, and guests: a warm welcome and a half.
And a most heartfelt welcome, proudest one ever been
To the glorious, resplendent, graduating class 2014.

She's come a long way from bully-reforming and potato-scorning
But her rhymes are far from over, to give you a fair warning
So brace yourselves for the trilogy's end, its final story
I proudly present, "Sally O'Dally's Valedictory."

The first time that Sally O'Dally stepped through the timeless Penfield Doors,
Struggled to crack her locker and scaled all five high-ceilinged floors
It was tough. It was strange. It was daunting.
But she wasn't alone, especially with Alice out haunting.

Sally freaked when multiple girls fainted at her first full school Mass.
She sped down the hall between bells so as not to be late for class.
From toilet vandals to cookie scandals, Sally saw it all
Stealing all of the clocks, now that was a good April Fool's haul

Sally O'Dally and her friends survived the stress of YPI
(Which, let's face it, wasn't nearly as bad as Versailles)
She made new fictional friends named Ikea, Strudel and Jane
When NSYNC visited Sacred, all the girls went insane

By final year, the five-floor climb hurt much less
The whole building seemed smaller as time did progress
During Stratford, New York and Retreat, Sally's friendships grew
DASHA, Oz, SSX and Arts Fest discovered more of her talents than she ever knew

And now it all seems like a dream, a reverie, unreal.
It's graduation day, and Sally doesn't know how to feel.
She's honored to represent, as Valedictorian, her beloved peers,
The greatest graduating class in all 153 years.

She wants to thank all who've enabled her to stand here today:
Her mom, dad, and brothers, who've been with her every step of the way
Her teachers, for without their patience and senses of humor she wouldn't have made it
And her friends, her sisters, whom she loves more than she can possibly transmit

From Math she learned that there's more than one way to skin your cat — carrot!
"Take the road less traveled," was Robert Frost's merit.
Religion class – Sally found out the meaning of life there
It was in Man's Search for Meaning... Somewhere...

Mme. Gauthier taught that Chinatown has the best Vietnamese food
While Mr. Judson encouraged adopting a calmer mood

How fortunate one was to study at the Institution of the Sacred Heart
School of Montreal, Mr. Laperle would forever inculcate
Most importantly, Mr. Reda indoctrinated that it's never too late...

Hélas, we know not what looms ahead.
So don a smile; regard it not with dread.
Our yellow brick roads are leading us down paths we don't know
But one day we'll meet up, somewhere over the rainbow

The unknown may be frightening, and challenges may arise
But challenges often come with opportunities in disguise
Know this, a very wise friend did tell,
Tatiana promises, "All will b well."

During a stint at Girl Guides, Sally learned a short rhyme
Its tune stuck with her, its message immortal over time
"Make new friends, but keep the old
One is silver and the other's gold

A circle is round; it has no end.
That's how long I want to be your friend.
Friends like you are hard to find
Very special and one of a kind."

Five years ago, quiet, frightened, awkward girls stumbled through the castle gates.
Today, courageous, confident, intelligent, wise, young women embrace their fates.
Life is what you make of it, so make it your own way
Go the distance, follow your heart, enjoy every day.

These years have been sweet, so leave no moment unsavoured.
From 30 girls to 37 grads, Chatelier would say that the direct reaction's favoured.
We've got a dream team class, every member's a valuable part.
I wish each and every one of you good luck from the bottom of my heart.

Thank you.

The Sacred Heart Music Award
The Joanne Mastro Award
The Norman T. Byrne Memorial Prize
B.L.C. Award
Sister Gertrude McNamara Memorial Prize
Bilingual Proficiency Prize
McGill Science Award
Estelle Fitzgibbon Memorial Prize
Governor General's Medal and Parents' Guild Award

Special Prizes

The Sacred Heart Music Award

The Sacred Heart Art Prize

The Head of School Memory Book Prize

The Head of School Memory Book Prize

Sacred Heart B.L.C. Award for English

Soeur Annette Archambault Memorial Prize for French Second Language

Judith Rossi '80 Memorial Prize for Drama

Heather MacDougall '67 Memorial Prize for Fine Arts

Judith Rossi '80 Memorial Prize for Drama

Auriol Wilkins Roper '52 Memorial Prize
Provincial Council Award

St. Mary's Girls for the Cure Student Scholarship
Thérèse F. Casgrain '14 Scholars hip

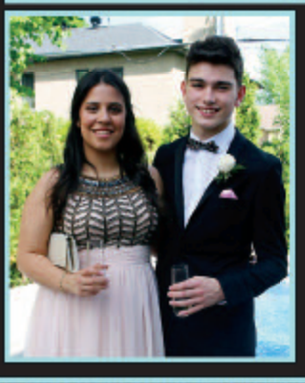
Soeur Annette Archambault Memorial Prize for French Second Language Enriched

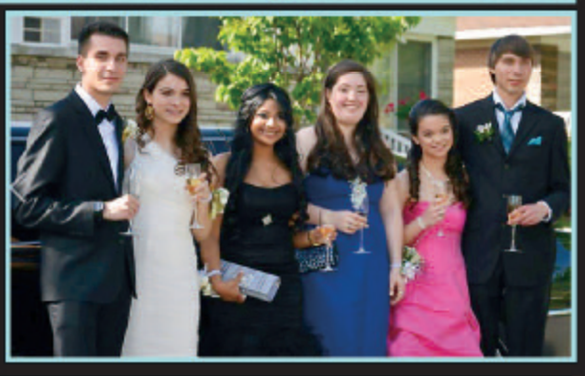
Parents' Guild Social Science Award
Sacred Heart B.L.C. Award for English

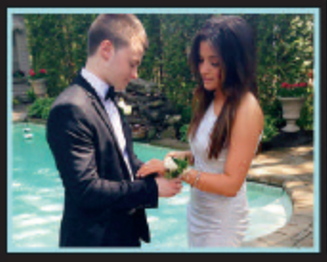
The Bruce M. Hicks Public Service Award
Student Council Prize
Patty Forbes '81 Memorial Prize
Frances Smith '65 Memorial Prize

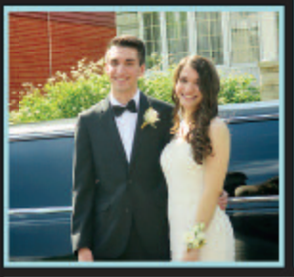
"Whenever you want to achieve something, keep your eyes open, concentrate and make sure you know exactly what it is you want. No one can hit their target with their eyes closed."
Paulo Coelho, *The Devil and Miss Prym*

PROM









MAY

30, 2014

CONVOCATION

our last Sacred moment

"So...
be your name Buxbaum or Bixby or Bray
or Mordecai Ali Van All O'Shea,
you're off to Great Places!
Today is your day!
Your mountain is waiting.
So... get on your way!"
- Dr. Seuss

Time to Go

Our last walk through those Penfield doors
No more short kilts to be seen
This Sacred institution
Has taught us how to lead

The teachers guide us and they know us oh so well
We should get to class before that bell

Pull up those socks,
Unroll those sleeves
Be the good girls they taught us how to be
No more détente or special words
We leave those here

Time to go
Time to go
No more PHDs or lates
Time to go
Time to go
Turn the page and move on forth
We' ve had fun but now we're done
Let 's just be grateful
We' ll always be the Children of the Light

It' s funny how much we' ve changed
From Sec. 1 up till now
And traditions that once seemed strange
We can' t live without them now

Functions, World Wars,
They' re all a bore
But we know we' ll miss them all next year
Chem, Phys, Drama
They' ll disappear
We loved them while we were here

Time to go
Time to go
No more PHDs or lates
Time to go
Time to go
Turn the page and move on forth
We' ve had fun but now we're done
Let 's just be grateful
We' ll always be the Children of the Light

Grad Song 2014

"All great achievements require time"
- Maya Angelou

ACADEMIC

Commonwealth Essay Competition 2nd place winner

Abigail Trevino

Rotary Club Finalist

Corinne Darche

Concours D'Art Oratoire- 3rd place

Hannah Johnston

Junior Public Speaking 3rd place

Sabrina Buonamici

Commonwealth Essay Competition Highly Commended

Tatiana Mikus

Cayleigh Sorella

Commonwealth Essay Competition Commended

Julia Cianci

Gabriella Marsilii

QAIS Essay Competition Honourable Mention

Anika Ouy

Natasha Hodge-Masnaghetti

YOUTH PHILANTHROPY INITIATIVE WINNERS

Winner: La Fondation Coccinelle
Ariana Pagnotta, Sarah Spagnuolo, Alexa Glaudemans, Dalia Varvaro, Raphaela Nikolopoulos, Karen Rubbo

Second Place: The Friendship Circle
Athina Tzinevrakis, Louisa Tsoukalas, Sara Amicarelli

ACHIEVEMENTS

Students in Math Science Option who scored 100% on their Provincial Exam

Giuliana Mannarino

Dalia Varvaro

Younghyun Koo

STUDENT STOCK EXCHANGE (SSX)

Sabrina Correia
Katrina Vecera
Victoria Miron
Vanessa Amato

hazelhut

Awards:
Most Creative Company Logo
Best Marketing and Advertising

Jessica Rouillier
Grazia Novello
Sabrina Sharifi
Sheridan Harel
Iohserenha:wi Bova
Thaksha Nadarajakumaran

Awards:
Best Video Commercial
Best Packaging and Presentation
Best Business Photo

YOUR CAKE
CAKEWAY
YOUR WAY

YOUTH PHILANTHROPY INITIATIVE WINNERS

Third Place: Share the Warmth
Émilie Dupuis, Caroline Koranteng, Inés Romera-Pamplona

Third Place: Chez Doris
Joyce Salvo, Juliana de Stefani, Sofia Bittichesu, Kaitlin Hagen, Lauren Mezzaluna

"The scientist is motivated primarily by curiosity and a desire for truth."
- Irving Langmuir

Science Week

Events of Science Week

The Science Expo
Secondary 1 students got to present their projects that they worked on during the year.

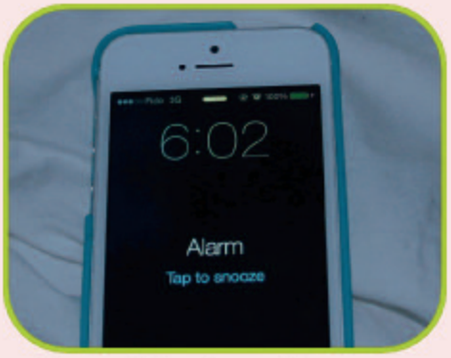
Robotics Competition
Secondary 2 students competed with each other using robots they built in class.

Public Service Announcements
The Secondary 3 students had a 1 minute Sports Injury PSA that was viewed.

Women in Engineering
The students in both Secondary 4 and 5 who are interested in Engineering got to watch a presentation by "WIE", A Concordia Group of Female Engineering Students.

Presentation by Dr. Joe Schwartz
We ended Science Week with an interesting lecture by Dr. Schwartz that all of Sacred Heart enjoyed.

"Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning."
-Albert Einstein



6 a.m: Try to wake up

7:45 a.m: Get some Starbucks

8:05 a.m: Finish that Essay!!!

8:15 a.m: Go to GA

8:25 a.m: Time for Class

10 a.m: Détente

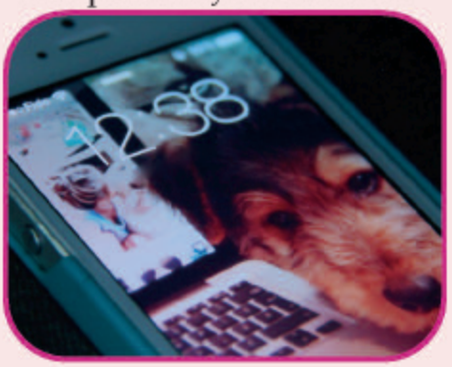
12:15 p.m: Lunch

3:10 p.m: End of the day

3:15 p.m: Stay after school

4:40 p.m: Catch the train

5:20 p.m: Get home, do homework



12:38 a.m: Finally Bedtime

A Day in the Life of a Sacred Girl

Victoria Miron

Congratulations Victoria!

We are very proud of the young lady you have become and for all that you have accomplished. We wish you the best of luck as you begin the next stage of your life and are confident that you will make a difference in the world.
Love,
Mom & Dad XOXOX

Serena English

We are so proud of you and everything you have accomplished not only in your studies, but in all aspects of your life. You have grown into a confident, compassionate woman who brings so many smiles to peoples' lives. Congratulations to our AMAZING Sena! We wish you much happiness and success in the next chapter of your life. Make your dreams come true!
Love Mom, Alexandra, Timber xoxo

Julia Zito

Congratulations Julia on another great year in Secondary III!
This past year has been a challenge on many fronts, but you have persevered and shown your resilience.
I believe you have grown as an individual and demonstrated your maturity.
We are very proud of your academic accomplishments and I couldn't be more proud of the young lady you are. Always remember to follow your dreams as there are no limitations as to what you can accomplish. Most importantly, always stay true to yourself. Be happy and celebrate your victories. Your future is bright and remember you are in charge of your destiny.
Continued success and happiness, love always from Mama and your grandparents.

"How lucky I am to have something that makes saying goodbye so hard."
A.A. Milne

jostens®